

A384_2017AbstractPratherMitchellRobert

Abstract

For six years, the Ball State Exercise Science Club has hosted an annual 5K Run Walk in support of the Multiple Sclerosis Society and in memory of Jeff Clevenger, the father of a former Club president. While this event has been successful in that it has been the single largest fund raiser for the Indiana Chapter of the MS Society, it did not provide optimal benefits from an Exercise Science standpoint to the EXSCI Club members who hosted it or the participants. This thesis project sought to change that. Since taking over the presidency of the EXSCI Club in the fall of 2015, it has been my mission to change this. During the spring of 2017, this dream became a reality with the 1st Annual "No More Obstacles" Challenge Course + Fitness Fair. The purpose of this Thesis project was to create a comprehensive Event Manual, compiling all of the work done to plan and organize the event, the reflections and adaptations needed for next year, and any and all other necessary documents for the purpose of easing the process in the future and improving the 2nd Annual "No More Obstacles" Challenge Course + Fitness Fair.

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